



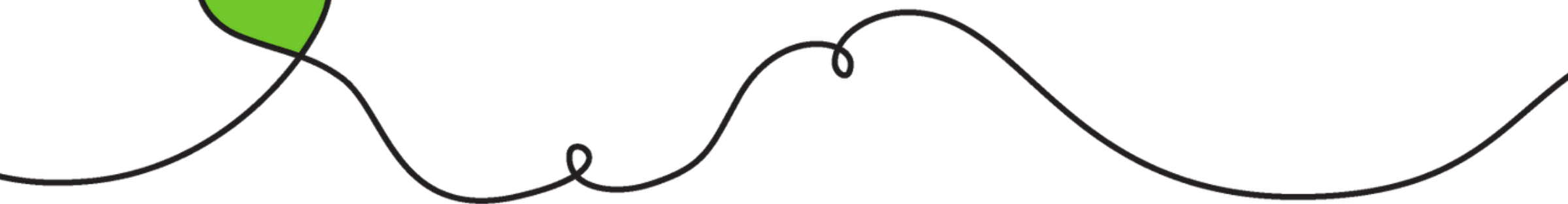
ISLE LISTEN

Because Minds Matter

Wellbeing Tips for Results Day



**No matter the outcome,
give yourself a pat on the back,
you've worked hard
and done your best**



Whether you get the results you expected or not, that's OK. Try to celebrate what you have achieved, whether that's academically or not

You've survived your exams and you deserve to be proud of that

Take it slow

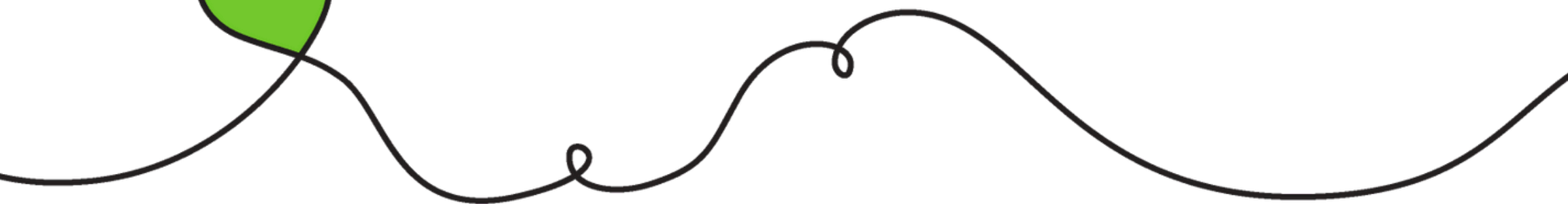
This isn't a time to make decisions in the heat of the moment. **It's natural for emotions to feel heightened at this time,** whether you got the result you were hoping for or not

Giving yourself chance to digest your results and reflect is helpful.
Take as much time as you need to work out your next steps

Don't compare yourself to others.
We are all individual for a reason, some people thrive with exam pressure and others don't, we all have strength and weaknesses

It's an important time where we
support each other, regardless of
our results or choices

It's your life and there is no right
or wrong next step it's about what
works for you



Remember to de-stress

Despite reassurance,
sometimes the stress of the
situation can get you down
or bring up mixed emotions



Take some time for you!

Stressful situations bring new learning experiences, but it's important you take time to prioritise your wellbeing, doing things that you enjoy like hobbies and passions

Reach out for support!

Maybe you haven't got the results you were hoping for or maybe you have, it's normal for us to feel overwhelmed either way



Take time to talk

Talk about how you are feeling
and remember support is
available. Talk to friends, family,
teachers and remember
we are also here at Isle Listen



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